

CACFP Weekly Menu

Center Name: _____

Month: _____

		Adult	Saturday	Sunday
		Date: _____		Date: _____
Lunch	Milk	1 cup		
	Vegetable	1/2 cup		
	Fruit	1/2 cup		
	Grain	2 oz eq		
	Meat/Meat Alternate	2 oz		
Snack	Milk	1 cup		
	Fruit ⁺	1/2 cup		
	Vegetable	1/2 cup		
	Grain	1 oz eq		
	Meat/Meat Alternate	1 oz		
Supper	Milk [^]	1 cup		
	Vegetable	1/2 cup		
	Fruit ⁺	1/2 cup		
	Grain	2 oz eq		
	Meat/Meat Alternate	2 oz		

Offer versus serve is an option for adult participants

*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

+A second different vegetable may be served in place of the entire fruit component at lunch and/or supper.

Oz eq = ounce equivalents

At Snack, select 2 of the 5 components

[^]A serving of milk is optional at supper meals for adults. Serve flavored or unflavored fat-free, low-fat, reduced-fat or whole milk.



At least one serving of grains per day must be whole grain-rich.
Designate the WGR item on the menu with an *

Check here to certify that this menu reflects USDA meal pattern flexibilities for sites serving primarily Alaska Native or Native American participants allowing a vegetable to be served in place of a grain.

